Article Side

Oral Hygiene Aids Reviewed by St. Paul Family Dentist by Lauren Maygar

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As we all know, maintaining great oral health starts with routine dental checkups. The professional cleanings you receive twice yearly with your Highland Park St. Paul General Dentist remove a great deal of the bacteria and plaque that causes gum disease. But combining professional dental care with proper daily oral hygiene is the best way to guarantee excellent oral health. Weâ€™ve listed some of the most useful at-home oral hygiene aids:

Dental Flosses

The most common interdental cleaner is dental floss, and it comes in a variety of types and flavors. We find that dental floss is very effective at removing food particles and plaque from between teeth. Use floss twice daily after brushing.

Interdental Cleaners

Many hygienists and periodontists recommend interdental brushes in addition to using dental floss. They are highly effective in cleaning between the gums, and Interdental brushes come in various shapes and sizes.

Mouth Rinses

Cosmetic rinses that are sold over the counter only work to temporarily mask bad breath. Therapeutic rinses provided by your dental professional, however, are regulated by the FDA and they use active ingredients to help reduce bad breath, plaque, and cavities. Use mouth rinses after brushing and flossing.

Oral Irrigators

Using oral irrigators (like Water Jets and Waterpiks) can clean debris that is hidden below the gum line. They are very effective in lowering the risk of gum disease but remember that they should not be used as a replacement for brushing and flossing.

Rubber Tip Stimulators

Rubber tip stimulators are excellent for removing plaque around the gum line, and they also increase blood flow to the gums. To use a rubber stimulator, trace gently around the inner and outer gumline at least once daily. Ensure the effectiveness of this product by replacing the tip as soon as it starts to appear worn.

Tongue Cleaners

Bacteria colonize on the tongue, causing bad breath and other systemic diseases. Tongue cleaners (or scrapers) are designed specifically to remove this bacterial buildup from the tongue. This product should be used prior to brushing.

Toothbrushes

Electric toothbrushes are the choice of dental professionals as the vibrating or rotary motion helps remove plaque and remove food particles that are lodged around the gums and teeth. An electric

toothbrush also requires far less effort than a manual toothbrush, and this fact makes it likely that you will do a more thorough job when brushing.

Be sure to replace manual toothbrushes every three months since the bristles become worn and ineffective over time. Toothbrushes with soft bristles are easier on sensitive gum tissue than the medium and hard bristle varieties. You should brush your teeth after each meal or at least twice each day.

Check with St. Paul Dentistry during your next visit if you are uncertain as to which of these aids is the best choice for you. We will be happy to help you select the best products for your situation.

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